

IN THE CLAIMS:

Claims 1-44 (Cancelled).

45. (Currently Amended) A method for inserting an intervertebral implant, comprising: accessing a collapsed spinal disc space;

sequentially inserting and removing a number of implants into the collapsed spinal disc space, each of said implants providing a different restored disc space height when inserted in the disc space, the spinal disc space at least partially collapsing when the inserted implant is removed therefrom; and

leaving in the spinal disc space the implant from the number of implants providing a restored disc space height corresponding to a desired disc space height to post-operatively maintain the desired disc space height. ~~The method of claim 44,~~ wherein each implant of the number of implants has a leading end portion with a nose portion having the same height for each of the number of implants.

46. (Currently Amended) The method of ~~claim 45,~~ ~~claim 44,~~ wherein said height of said nose portions is about 3 to 4 millimeters.

Claims 47-49 (Cancelled)

50. (Previously presented) The method of claim 45, wherein each of the number of implants includes a body with a maximum height between the leading end portion and an opposite trailing end portion, the body tapering from the maximum height to the nose portion at the leading end portion and to a trailing end wall at the trailing end portion.

51. (Previously presented) The method of claim 45, wherein the nose portions of each of the number of implants includes a rounded profile extending between an upper vertebral endplate contacting surface of the implant and an opposite lower vertebral endplate contacting surface of the implant.

52. (Previously presented) The method of claim 51, wherein each implant of the number of implants includes:

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a first lateral surface extending between the upper vertebral endplate contacting surface and the lower vertebral endplate contacting surface; and

a second lateral surface opposite of and extending parallel to the first lateral surface and further extending between the upper vertebral endplate contacting surface and the lower vertebral endplate contacting surface.

53. (Previously presented) The method of claim 52, further comprising securing a coupling member in a first notch in the first lateral surface and in a second notch in the second lateral surface in one of the number of implants, wherein the first and second notches open laterally and at a trailing end wall of the one implant.

54. (Previously presented) The method of claim 53, wherein the coupling member comprises a distal portion of an insertion instrument.

55. (Previously presented) The method of claim 53, wherein when secured to the one implant a portion of the coupling member in the first and second notches includes a width that is less than a width between the first and second lateral surfaces of the one implant.

56. (Previously presented) The method of claim 53, wherein each of the first and second notches includes an indent for receiving a protrusion extending from the coupling member.

57. (Previously presented) The method of claim 52, wherein the upper and lower vertebral endplate contacting surfaces each include a plurality of ridges configured to engage an adjacent endplate of the vertebrae when the implant is positioned in a spinal disc space.

58. (Previously presented) The method of claim 52, wherein the upper and lower vertebral endplate contacting surfaces of each of the number of implants are convexly curved.

Claims 59-80 (Cancelled).